



WAR MEMORIAL RECREATION CENTER

www.cambridgema.gov/DHSP/WarMemorial

1640 CAMBRIDGE ST. CAMBRIDGE MA

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Fall 2015

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Operating Hours

Monday- Friday the desk opens at 3:15pm
Facility closes at 9:15pm

Saturday the desk opens at 8:30 am. There are occasional adjustments on Saturday opening.
Facility closes at 5:15pm

Sunday the desk opens at 11:30am.
Facility closes at 5:15pm.

The front door is locked at 8:30pm Monday-Friday and at 4:30pm on Saturday and Sunday.

Dates Closed:

October 12

November 11

November 25-29

December 24-31

January 1-3

Contact Us!

The Cambridge Recreation Department telephone number is (617) 349 6279. Staff members are available at this number during regular operating hours to answer questions. TTY/TDD: (617) 492-0235. When the facility is closed there is a recorded message available. For more information visit us at:

www.cambridgema.gov/dhsp/warmemorial

War Memorial is fully  accessible

Register Online



Cambridge residents are welcome to register for classes online starting August 17, 2015 at 2:30pm. Non-Residents may register online beginning August 24, 2015 at 2:30pm.

- For online registration go to www.cambridgema.gov/dhsp/warmemorial and click the link "Recreation Online Registration" in the lower left-hand side of the page.
- If you have never taken an activity with us, click the "Need an Account" link and fill out the form completely.
- If you have taken an activity with us but never enrolled online, we will need to email you a temporary username and password. Once logged in, the system will prompt you to change it.
- If you have forgotten your password, contact us and we will email it to you or click the "Forgotten your Information" link and follow the security prompts.
- If you have problems with online registration please call (617) 349-6279 during the following hours: Monday-Friday 3:15-8:45 pm, Saturday 8:30 am - 4:30 pm, Sunday 11:45am-4:30 pm.
- We accept only Visa and MasterCard

Information Page

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We hope you will enjoy this fantastic facility. There is general information you need to know that will make your use of this facility easy and pleasant. The recreation program's entrance is located at DOOR 15 of 1640 Cambridge Street, Cambridge MA 02138. Please take the time to review our rules for use of the facility. We look forward to serving you!

Refund Policy

A full refund will be given under the following circumstances: class is canceled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no space for you. All other requests will result in a credit to your household. Request for household credit must be made no later than the second class and only two household credits will be allowed in one calendar year (January 1 - December 31).

Rules and Regulations

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence to secure resident rate
- Please use recreation entrance, door 15 to enter and exit the facility
- The City of Cambridge is not responsible for valuables lost or stolen
- Classes will be made up if cancelled due to the weather or instructor absence
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Department does not discriminate on the basis of auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policy and procedures to persons with disabilities upon request
- No males or females are allowed in the opposite sex locker room. Family changing space is available
- Children under the age of twelve must be accompanied by an adult during family swim
- Only Recreation Department staff are allowed to instruct in facility pools
- Adult lap swim is for persons of 18 years and older
- Children seven and under must be accompanied by an adult while in the pool
- Pool lanes may be pulled for other activities
- Please stay off lane lines
- Please allow lifeguards to focus on keeping the pool safe while they are on duty
- Diving may take place only in the diving well
- All children will be tested before going into the diving well
- No one person on the diving board at a time
- No one may catch someone on the diving board.
- No lap swimming in the diving well
- Patrons are asked to return all equipment after use
- No glass is allowed in the building
- Patrons are required to leave the facility on time
- Children who are not toilet trained must use a swim diaper
- No shoes or strollers on the pool deck
- No heels in the field house
- The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Speed of lane is determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
- Circle swimming is permitted only in the lap pool
- No diving into lap or small pool
- Lifeguards and managers have final say in all pool related matters
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
- Cleansing shower required before entering the pool
- Patrons are not allowed on the starting blocks of the lap pool
- No one may enter the pool if the lifeguards are not preset
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs

Food & Drink Policy

Food and drink are not allowed in the facility; with the exception of non-glass container/bottles. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. There are several sponsored events by both departments that are exceptions and contained to certain areas of the facility. Thank you again for your cooperation.

Bring a Lock

Inside the facility you will find three pools, a gym, a weight room and basketball, volleyball and tennis courts. The facility also includes Men's, Women's and Family Locker rooms. There is a large volume of foot traffic in our facility. Though theft in our building is rare we do strongly suggest that you bring a lock for your personal belongings.

Thank You!

Dear Parent,

I am pleased to welcome your child into the program. To ensure the programs operate smoothly and all the children have a fun and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated.

The War Memorial is a very large building located on a very busy street, therefore we ask that children under the age of twelve be accompanied by an adult. All class participants are required to check in at the front desk and check in at the pool and gym. Parents of young children may do the checking in and siblings are welcome, but are not allowed to participate unless enrolled. Non-registered children and adults are not allowed access to these facilities for security purposes. If you are interested in enrolling, or know someone that is, please approach the front desk and not the instructor as they are not part of the enrollment process.

SWIMMING

Parents are required to be in the pool during the toddler/pre-school instruction. There must be one adult per child. Parents of children in pre-school referral class through level six are asked to leave the pool deck due to swimmer development and pool safety. Instead, parents are invited to observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. If contamination happens the pool has to be closed for twenty-four hours to oblige hygienic code. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group.

GYM

Parents not participating in class with their child (see page 8 for requirements) are invited to observe class from the balcony. This also includes any siblings or family members. We make this request as a safety measure to limit the traffic on the gym floor and also foster the independence of our young athletes. All equipment should be used with the permission of the instructors and only during the time of instruction. Please take into consideration the health and well being of every child participating and taking risks in the class as we try to limit distractions. If you have any questions about this please speak to the Gym Manager.

I look forward to providing a clean, safe and challenging environment for your children this winter. If you have any feedback, questions or concerns on the delivery of this promise please feel free to contact me directly. I can be reached by phone at 617 349-6237 or by email at acorbeil@cambridgema.gov.

Sincerely,



Adam Corbeil
Recreation and Aquatics Manager
Department of Human Services





At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. The skills listed for each level are from Red Cross materials. Please do not expect your child to move to the next level in one session; this is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process; please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

Parents are invited to observe from the balcony. Parents are allowed in the water with children only during Toddler/Preschool classes.

Saturdays (10 weeks)

September 26th - December 5th
No Class November 28th

Toddler/Preschool

Ages: 18 months-4.5 years old

110101-01...Saturday 10:00-10:30am

110101-02...Saturday 10:30-11:00am

110101-03...Saturday 11:00-11:30am

\$70 Resident/\$75 Non-Resident
Parents are required to participate; one child per adult. Children who are not toilet trained must wear a swim diaper.

Preschool Referral/Level 1

Ages: 3.5-6 years old

110104-01...Saturday 12:00-12:30pm

\$70 Resident/\$75 Non-Resident

Children participate in this class without parents. If you are interested in this class for your child under the age of 5, s/he must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

Level 1: Water Exploration

Ages 5-12 years old

110105-01...Saturday 12:30-1:00pm

(ages 5-7)

110105-02...Saturday 1:00-1:30pm

(ages 7-12)

\$70 Resident/\$75 Non-Resident

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose, and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or "swim".
- Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
- Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.

Level 2: Primary Skills

Ages: 5-12 years old

110106-01.....Saturday 1:30-2:00pm

\$70 Resident/\$75 Non-Resident

Purpose: Learning proper body positioning and body mechanics
Level 2 participants will learn to:

- Demonstrate proper head position for freestyle and backstroke
- Rotary breathing
- Independently kick with assisted materials
- Perform arm circles with barbell
- Swim freestyle and backstroke
- Demonstrate proper safety skills

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently



Level 3: Stroke Development

Ages: 5-13 years old

110108-01.....Saturday 10:00-10:45pm

\$80 Resident/\$85 Non-Resident

Purpose: Refining level 2 skills and progressing stroke technique. Level 3 participants learn to:

- Refine freestyle
- Refine backstroke
- Learn breaststroke kick fundamentals
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle with rotary breathing for 50 yards
- Continuously swim backstroke with proper head alignment for 50 yards
- Perform proper breaststroke kick
- Perform kneeling dive

Level 4: Stroke Refinement

Ages: 5-14 years old

110110-01.....Saturday 10:45-11:30am

\$80 Resident/\$85 Non-Resident

Purpose: Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke, level 4 participants learn to:

- Dive
- Swim breaststroke
- Tread water
- Perform butterfly kick
- Perform open turns on front and back
- Demonstrate proper safety skills

Exit Skills:

- Successfully tread water for extended amount of time
- Perform freestyle for 100 yards
- Perform backstroke for 100 yards
- Perform breaststroke for 50 yards
- Perform butterfly kick for 25 yards
- Standing dive
- Tread water for three minutes



Level 5: Skill Proficiency

Ages: 5-14 years old

110112-01.....Saturday 11:45-12:30pm

\$80 Resident/\$85 Non-Resident

Provides further refinement of the following strokes:

- Freestyle
- Backstroke
- Breaststroke

Level 5 participants will also learn to perform:

- Butterfly
- Front flip turn
- Backstroke flip turn
- Competition start from blocks
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly
- 5 minutes of treading water

Level 6: Endurance Training

Ages: 5-14 years old

110112-01.....Saturday 11:45-12:30pm

\$80 Resident/\$85 Non-Resident

Purpose: Refines all four strokes so students swim them with ease, efficiency, and power over greater distances. Level 6 is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and diving.

Exit skills:

- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly

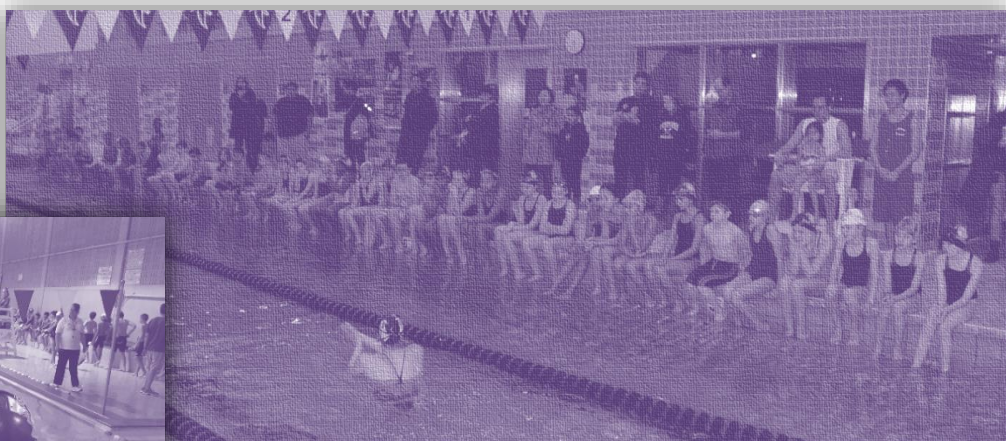
Private Swim Lessons

Private lessons can be arranged for your swimmer. Scheduling varies per instructor and pool availability. A 6 week minimum is required.

Half hour lesson \$30 / One hour lesson \$60

Buddy lessons available for one hour, ages 5-14, \$35 per swimmer. Both children must have equal swimming ability. This will be determined by the instructor.

If interested in Private Swim Lessons, please contact
Mark Santoro: msantoro@cambridgema.gov



GO DAWGS!

SEA DAWGS

If you are looking for a competitive swim program for your child, consider the Sea Dawg's. Skills and technique are emphasized in this program as well as good sportsmanship and healthy competition. The season runs from October to March. Parents and children should heavily consider the commitment.

Children age 5-18 may participate in this program as long as they can swim twenty five yards of free style, backstroke, and breast stroke. The butterfly will be taught by the coaches if your child does not know the stroke. The swimmers strokes do not have to be perfect but remember this is not a learn to swim program. Strokes will be tweaked as needed and youth will be trained by coaches in a competitive setting.

Our coaches expect an attendance rate of 75% or more for practices and 100% meets. This gives swimmers chance to chart their progress and see improvements toward their individual and team goals.

Parents Volunteers are a vital part of our program.

A parent network will be set up to staff our swim meets. We do this to keep costs as low as possible for each team member. The expectation is that parents participate in 3 swim meets/events over the course of the season and there are multiple ways to get involved.

For more information please inquire at our front desk.

Pricing and Logistics

The Cost is \$400.00 for first child and each additional child is \$200.00. The cost for girls suits is \$35.00 and the cost for boys is \$30.00. Registration and suit fitting for Sea Dawg team members and those that participated in spring practice 2015 will be as follows: Monday October 5th for those with the last name beginning A-H, Tuesday October 6th for those with the last name beginning I-P and Wednesday October 7th with the last name beginning Q-Z. The time is 5:30-7:30 pm. Please do not come in on a day other than what has been assigned. This is a busy time for the front desk as well as for the person helping with suit fitting. Please fill out your registration form in advance and be ready with your child's bathing suit size. Knowing the approximate size in advance will help save time. The suits provided for try on are limited to one per size and they are not team suits so they must be returned so other participants can use them. Please have your child prepared to swim after the suit try on so they can be assigned to their group and coach. They must bring their own suit. The final day for Sea Dawg registration will be on October 9, so please plan accordingly.

Tryouts for new members will be on Wednesday, October 7th and Friday October 9th from 6:15-7:15pm. If your child is told they have made the team you can register and try on a suit. They will also receive a practice schedule. Meet schedules are not available as of this printing.

Cambridge Swans Synchronized Swimming

Cambridge Synchro has been in existence for 30 years and every year has grown and become more competitive. We offer many levels of instruction, from beginner through competition team. Our club has competed throughout New England and Nationally! For more detailed program and fee information, please email CambridgeSynchro@gmail.com or visit our website: www.CambridgeSynchro.org

Registration for all levels will open after Placement Practice

All new swimmers must attend a placement practice from 10:00-11:00am on Saturday, September 19th so that coaches can correctly place each swimmer in a group based on age, skill level and level of commitment.

Practice times and competition dates are subject to change. Competition dates will be distributed in the fall.

NOTE: Scholarships are available. Please contact CambridgeSynchro@gmail.com for more information.

Beginning Synchro Class (diving tank) – 110113-01

September 26th - December 5th \$125
No Class November 28th

The Novice Class is designed for swimmers who have never done synchro or who have some basic synchro knowledge. Swimmers must be comfortable in water that is 12 ft deep and be able to do breaststroke. Ages 7+
Saturday 10:00-11:00

NOVICE TEAM 110113-02

September 26th - December 5th \$175
No Class November 28th

The Novice Team is open to swimmers who have never done synchro or who have some basic synchro knowledge. Swimmers will participate in one local competition in the spring and our annual show in June. Additional fees for novices who choose to compete are approximately \$150.

Wednesday 7:15 -8:30
Saturday 10:00-11:00

INTERMEDIATE TEAM

September-June, \$800
The Intermediate track is designed for swimmers who have some experience with synchro. Intermediate swimmers participate in 4-5 local, regional, and zone level competitions, as well as in our annual show in June. Additional fees are approximately \$500-\$600 (paid in 3 installments).

12 & Under Intermediate

Tuesday 6:15-8:15
Thursday 6:15-8:15
Saturday 8:00-10:00

13 & Over Intermediate

Tuesday 6:30-9:00
Thursday 6:30-9:00
Saturday 8:00-10:00

AGE GROUP TEAM – 110113-02

September-June, \$800
The Age Group track is for our most experienced swimmers who are ready to swim at a more competitive level. Age group swimmers participate in 6-7 local, regional, zone, and national competitions, as well as in our annual show in June. Additional fees are approximately \$2,000 (paid in 3 installments).

12 & Under Age Group

Tuesday 6:15-8:15
Thursday 6:15-8:15
Saturday 8:00-10:00
Sunday 5:00-7:30 – at Medford High School

13 & Over Age Group

Tuesday 6:30-9:00
Thursday 6:30-9:00
Saturday 8:00-10:00
Sunday 5:00-7:30 – at Medford High School

Depending on the number of swimmers in each age group and track, swimmers may be assigned as an alternate to one or more routines and as such will not compete in that routine at every competition. Swimmers who are unable to participate in practices regularly or in all competitions will be selected as alternates.

Private Synchro Lessons

Private lessons are limited and will be on a first come, first serve basis. Based on availability some exceptions may apply.

Half hour lesson \$30

One hour lesson \$60

If interested in Private Synchro Lessons, please contact Head Coach Katie Rice at CambridgeSynchro@gmail.com.



If you love music,
swimming, dancing,
gymnastics, or being
creative...then
synchronized swimming
might be for you!

Little Dragons**Saturday**

9:00-9:45am.....110201-01

Ages 3-4.11 years

Junior Beginners**Saturday**

9:45-10:30am.....110201-02

Ages 5-14.11 years

Junior Advanced**Saturday**

10:30 -11:15am...110201-03

Ages 5-14.11 years

(Must hold a blue belt or higher.)



Recognized as one of the top martial arts programs in the country, four-time world champion Steve Nugent brings his teachings and philosophy to Cambridge Recreation. The program focuses on respect, discipline, and integrity. Students are taught traditional stances, blocks, kicks, and strikes. In addition, emphasis is placed on proper breathing, health and nutrition, stretching, exercise, and proper conduct. Also, the classes cover stranger awareness, fire safety and the importance of academic achievement. All uniforms, belts, and patches are included.

Please make one check payable to Steve Nugent. for 150.00 and one check payable to the City of Cambridge for 20.00. Registration maybe done by mail or in person. On-line registration not available for this class. Can only be registered for by mail or walk-in.

Gymnastics**September 26th-December 5th (10 weeks) No Class November 28****Safety Awareness**

In all gymnastics classes children will build strength, flexibility, balance, and coordination while they learn new skills. It is extremely important that your child be on time for class and not miss the warm-up period. If your child is not properly warmed up, injury may occur. Please help us provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro: Gymnastics

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

Saturday**Intro 8:45 -9:30am..... 110301-01****Intro 9:30 -10:15am..... 110301-02**

Ages: 2-3

\$75 Resident / \$80 Non-Resident

Intro 10:15-11:00am..... 110301-03**Intro 11:00-11:45am..... 110301-04**

Ages: 3-4

\$75 Resident / \$80 Non-Resident

**Children's Plus: Gymnastics**

Prior participation in gymnastics is required. Children should be able to participate in class without parent involvement. It will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.

Saturday**Plus 10:15-11:00am..... 110303-01**

(1-2 semesters of experience required)

Ages: 2-4

\$75 Resident / \$80 Non-Resident

Beginner Gymnastics

Classes will focus on building strength, flexibility, and endurance while learning the basics of gymnastics and tumbling.

Saturday**Boys 11:45-12:45pm..... 110304-01**

Ages: 5-8

\$80 Resident / \$90 Non-Resident

Girls 11:45-12:45pm..... 110304-02

Ages: 5-8

\$80 Resident / \$90 Non-Resident

Advanced Beginner Gymnastics

Prior participation in Beginner gymnastics and skills including; cartwheel on both sides, forward and backward roll and bridge.

Saturday**9:00-10:00am..... 110306-01**

Ages: 5-8; Girls

\$80 Resident / \$90 Non-Resident

Children's Tennis

\$70 Resident / \$75 Non-Resident
September 26th-December 5th
(10 weeks)
No Class November 28th
Parents are asked to participate
in Pee Wee Classes if necessary.

Pee Wee Tennis (I)
Ages: 4-7 years (only)
Saturday, 9:00-9:45am.....110401-01
This class is for students with no
previous experience or limited
experience.

Pee Wee Tennis (II)
Ages: 4-7 years
Saturday, 9:45-10:30pm.....110401-02
This class is for students with no
previous experience or limited experience.

Beginner Tennis
Ages: 8-11 years
Saturday, 10:30-11:15am...110402-01
This class is for students with
absolutely no experience.

Advanced Beginner Tennis
Ages: 8-11 years
Saturday, 11:15-12:00pm...110403-01
This class is for students who have
taken some lessons, can keep score,
and know the rules of the game.

Middle School Lessons
Ages: 12-14 years
Saturday, 12:00-12:45pm...110404-01
This class is for beginners or those
with limited experience.

Children's Soccer

\$70 Resident/\$75 Non-Resident
September 26th -December 5th (10 weeks)
No Class November 28th

Learn the fundamentals of soccer! These classes are
designed for students with limited or no previous
experience. Students will learn the rules, basic skills,
and team work while building self confidence.

Pee Wee Soccer

Saturday 2:00-2:45pm...110501-01
Ages: 3.5-5

Saturday 3:00-3:45pm...110501-02
Ages: 5-7 (new to the game)

Beginner Soccer
Saturday 4:00-4:45pm...110501-03
Ages: 5-7 (limited experience)

Middle School Wrestling

Come join us for the free Cambridge Youth Wrestling Clinic.
This free clinic series will be run by NCAA D1 All-American
Andrew McNerney and CRLS wrestling coaches Sam Novod and
Yves Lamitie. The clinic will be for 5th-8th graders and will be
used as a way to introduce kids to wrestling.

The **Fall session** will be hosted twice a week on **Wednesdays**
from **5:00 to 6:45 and on**
Saturday from 3:15 to 4:45
From Sept. 16th – Nov. 21st.

For more information,
please contact:
Sam Novod
Sam.novod@gmail.com
(617) 230-6368
Andy McNerney
amcnerney@rcg-llc.com
(617) 947-6912
Yves Lamitie
ylamitie@gmail.com
(617) 417-4278



Adult Swimming

Class I

Are you afraid of the water? Did you not have the opportunity to learn how to swim? Then this class is for you. Lessons will take place in our small pool with a maximum depth of 3 ½ feet. In the security of this pool you will learn to feel comfortable in the water, float on your back and front, put your face in the water, and begin to learn the front and back crawl, and many other skills. Instructor: Gregory Rubin

Class I.....120201-01

Monday Sept 21 - Nov 16
(8 weeks)

No class October 12th
6:30-7:15pm
\$75.00 resident / \$85.00 non-resident

Class I.....120201-03

Wednesday Sept 23 – Nov 18
(8 weeks)

No Class November 11th
6:30-7:15pm
\$75.00 resident/ \$85.00 non resident

Class II

This class is for you if you can swim 25 yards, are comfortable over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps this class will help you become more effective with stroke improvement. The better your strokes the less energy you will expend. Come take this class and learn to enjoy the time you spend swimming. Instructor: Gregory Rubin

Class II.....120201-02

Monday Sept 21 - Nov 16
(8 weeks)

No class October 12th
7:15-8:00pm
\$75.00 resident / \$85.00 non-resident

Class II.....120201-04

Wednesday Sept 23 – Nov 18
(8 weeks)

Aqua Aerobics (deep water)

Whether you are new to exercise, or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints. These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective! Instructor: Michelle Deutsch.

Monday & Wednesday

6:00- 7:15 pm120301-01

\$90 Resident / \$100 Non-Resident
September 21 – December 2
(10 weeks)

No Class on 10/12, 11/11 & 11/25

Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. The larger the group, the more motivation to improve. **So come swim!**

Tuesday & Thursday120401-01

September 8 – December 17 6:45-8:00pm
(25 sessions)
No Class 9/10, 9/17, 10/13, 11/5 & 11/26
\$95 Residents / \$105 Non-Residents
Coach: Elissa Cadilic

Aqua Zumba

Aqua Zumba is the “pool party” workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land-based exercise system into traditional aqua-based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slow than normal tempo. Still, the exercises are intense yet safe. A 45-60 minutes class is thoroughly exhausting and exhilarating. You will kick, tap, shuffle and shimmy to Latin and World dance rhythms. When you take an Aqua Zumba® class, you will need a bathing suit, towel and aqua or exercise type shoes.

Instructor: Justin Falxa

Wednesdays

5:15-6:00pm.....120801-01

\$90 Resident / \$100 Non-Resident
September 23 – December 9 (10 weeks)

No Class November 11 & 25

Private Swim Lessons

Private lessons can be arranged. Scheduling varies per instructor and pool availability. A 6 week minimum is required.

Half hour lesson \$30

One hour lesson \$60

If interested in Private Swim Lessons please contact **Mark Santoro:**
msantoro@cambridgema.gov



SENIOR AQUA AEROBICS

These classes are available to students ages 55 and over. Please follow the registration process as it appears in the brochure and use the forms provided when you register for Senior Aqua.

\$60 once a week | \$75 twice a week | \$90 three times a week

Aqua Aerobics Schedule

Monday, Wednesday & Friday
3:30 - 4:30pm.....130101-01

Monday & Wednesday
3:30 - 4:30pm.....130101-02

Monday
3:30 - 4:30pm.....130101-03

Wednesday
3:30 - 4:30pm.....130101-04

Friday
3:30 - 4:30pm.....130101-05

Senior Adult Class Schedule

September

Sept 14, Sept 16, Sept 18, Sept 21, Sept 23, Sept 25, Sept 28, Sept 30

October

Oct 5, Oct 7, Oct 9, October 14, Oct 16, Oct 19, Oct 21, Oct 23, Oct 26,
Oct 28, Oct 30

November

Nov 2, Nov 4, Nov 6, Nov 9, Nov 13, Nov 16, Nov 18, Nov 20, Nov
23

December

Dec 2, Dec 4, Dec 7, Dec 9, Dec 11, Dec 14, Dec 16, Dec 18

No class on: Oct 12, Nov 1, Nov 25, Nov 27

Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. Please come to classes only on the day(s) you have registered for.

Thank you for your cooperation in this matter.

Adult Classes

AIKIDO

Aikido, the way of unity with the fundamental force of the universe. It is a non-violent martial art that aims at peaceful resolution of conflict.

Aikido techniques use spherical motion and precise use of leverage, inertia, gravity, and centrifugal and centripetal forces. Aikido practice improves physical conditioning (stamina, flexibility, balance, coordination and muscle development), as well as mental conditioning (self-confidence, concentration, alertness, intuitiveness and concern for others). Techniques do not depend on physical strength, but rather turn the power of the attack against the attacker.

Instructors are David Halprin, 7th degree black belt and John Black, 4th degree black belt. Both studied with Mitsunari Kanai Sensei for over 20 years.

To register please contact: mchapeau@acm.org



Wednesday 7:15 - 8:15

Sunday 1:00 - 2:00

September – Dec (no class Nov. 11, 25, 29)

\$10 each or \$150/session.

Student discounts are available.

ATF ATHLETIX

Fitness expert Pierre Sully has years of experience training professional and intercollegiate athletes with his program ATF Athletix. **The goal of ATF Athletix** is to inspire athletes and working professionals to find their highest level and train to be elite individuals. We strive to maximize each person's potential while building fundamental characteristics that will equip them to be successful both in and out of the gym. Join us to find out what you're capable of. Attack. Train. Focus.

Tuesday..... 120601-01

September 22nd – Nov 24th (10 weeks)

7:15-9:15pm

\$50 Introductory price / \$7 per class

SBS DODGEBALL & KICKBALL



We are excited to be offering three different leagues this fall season. On Sundays we'll have full court coed basketball and 6v6 dodgeball with foam balls! On Tuesdays we are taking the beloved recess classic, Kickball, and bringing it indoors. We'll have two games running at a time in the field house. See if your kick is powerful enough to get a homerun by sending it over the "Blue Monster" or "Out of the Park."

How to Register: Go to www.socialboston sports.com, click "Sports Registrations," and then sort by location for "Cambridge Rindge and Latin School." or follow this link: <http://socialboston sports.com/leagues?state=&locationId=17055>

IAIDO

Ages 18 and over

Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan.

Today, Iaido is practiced to develop mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information and registration please visit our school website at www.bostoniaido.com; or, by email at bostoniaido@yahoo.com.

Monday and Thursday

7:15-9:15pm

VINYASA YOGA

Vinyasa means "breath-synchronized movement" and in this dynamic practice, students will focus on linking powerful breath with energetic and mindful movement to create a series of asanas (poses). In a vinyasa yoga class students will awaken their power, balance, energy, and flexibility in a fun, non-judgmental atmosphere.

Monday.....120501-01

Sept 21 – Nov 30 (10 Weeks)

No class October 12

7:00-8:00pm

\$90 resident/\$100 non-resident

ZUMBA

Zumba is an exhilarating class that combines dance, Latin music and aerobics. You'll burn 400-700 calories in one hour of fun. The class feels more like a party than a gym workout! Beginners' and adults of all age, shape & size are welcome. All you need is a fun loving attitude and a desire to move.

Tuesday & Thursday.....120702-01

Sept. 22nd - Dec. 3rd (10 weeks, no class Nov. 26, Dec 1st)

7:00-8:00pm

\$150 resident/ \$170 non-resident

Tuesday..... 120702-02

Sept. 22nd - Nov. 24th (10 weeks)

7:00-8:00

\$90 resident/ \$100 non-resident

Thursday..... 120702-03

Sept. 22nd - Dec. 3rd (10 weeks, no class Nov. 26)

7:00-8:00pm

\$90 resident/ \$100 non-resident

Our Rates

Pool Fees

	Resident	Non-Resident
Per Swim Child	1.25	1.25
Per Swim Adult	5.00	6.00
Per Swim Senior	2.00	2.25
Per Swim Couple	6.50	7.50
Per Swim Family	7.50	9.00
10 Swim Adult	45.00	55.00
10 Swim Senior	17.00	21.00
10 Swim Couple	60.00	70.00
10 Swim Family	70.00	80.00
24 Week Adult	165.00	185.00
24 Week Senior	55.00	80.00
24 Week Couple	190.00	205.00
24 Week Family	205.00	230.00
48 Week Adult	215.00	235.00
48 Week Senior	80.00	105.00
48 Week Couple	305.00	330.00
48 Week Family	355.00	405.00

Weight & Cardio

Per Visit Student 1.00 (High School, only with ID)

	Resident	Non-Resident
Per Visit Adult	5.00	6.00
Per Visit Couple	6.50	7.50
Per Visit Senior	2.00	2.25
10 Visit Adult	45.00	55.00
10 Visit Couple	60.00	70.00
10 Visit Senior	17.00	21.00
24 Week Adult	165.00	185.00
24 Week Couple	190.00	205.00
24 Week Senior	55.00	80.00
48 Week Adult	215.00	235.00
48 Week Couple	305.00	330.00
48 Week Senior	80.00	105.00

Comb Weight / Cardio / Pool

	Resident	Non-Resident
Per Visit Adult	5.75	6.50
Per Visit Couple	7.00	8.00
Per Visit Senior	2.75	3.00
10 Visit Adult	55.00	65.00
10 Visit Couple	70.00	80.00
10 Visit Senior	25.00	35.00
24 Week Adult	185.00	205.00
24 Week Couple	205.00	230.00
24 Week Senior	75.00	105.00
48 Week Adult	255.00	280.00
48 Week Couple	355.00	380.00
48 Week Senior	95.00	125.00

* Children's fee-from birth to 17 years.

** Senior citizen rates are for those 55 years and above.

Proof of age must be shown when ticket or passes are purchased.

*** A couple constitutes two people living at the same address.

Proof must be shown by both people.

Adult Fitness

Weight / Cardio

Weight and Cardio Schedule

Monday – Friday 6:00 – 9:00 pm

Saturday 2:00 -5:00 pm

Sunday 2:00 – 5:00 pm

Participants using the weight room must return weights to the proper location.

Wipes are available to clean machines.

Please do so for the next person using the equipment.

Volleyball

Adult Coed Volleyball (Pick Up)

Ages 18 and above

Friday, 7:15–9:15 pm

\$7:00 (2 hour session)

Sunday, 12:00 – 2:00

\$7:00 (2 hour session)

Adult Coed Volleyball (league)

Monday: 7:15 – 9:15 pm

Fee: \$400.00 per team

League Organization Night: Sept 14

No games on October 12 & December 28

League play begins Sept 21 and ends Jan 4

League Director: Kelley Leary

Tennis

Beginner/Advanced Beginner Tennis

Thursday, 7:15-8:15pm.....120101-01

September 24th – November 12th (8 weeks)

\$75 Residents / \$85 Non-Residents

This class is for students with no previous experience or limited experience

Intermediate/Advanced Tennis

Thursday 8:15-9:15pm.....120102-01

September 24th – November 12th (8 weeks)

\$75 Residents / \$85 Non-Residents

This class is for students with experience and will provide the opportunity to advance skills.

Pool Schedule



Children's fee must be paid from birth - 17 years.

Senior Citizen rates are for those 55 and over as well as participants with a disability with suitable documentation.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID accepted.

A couple constitutes two people living at the same address. Proof must be shown by both participants.

To purchase a family ticket all family members must have proof they live at the same address.

To receive the resident rate on any activity proof of residence must be shown. Proof of residence is a valid MA Drivers License or ID, utility bill, or rent receipt. This is all that will be accepted.

Please be aware that our pool is a shared space and this schedule may shift as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Small Pool & Diving Tank Not Available		Small Pool & Diving Tank Not Available		Senior Aqua 3:30-4:30 pm	Cambridge Swans Synchro 8:00 –11:00am	Sea Dawgs 11:45-1:15 pm
Senior Aqua 3:30-4:30 pm	Adult Lap Swim 5:15 -6:30 pm	Senior Aqua 3:30-4:30 pm Aqua Zumba 5:30 -6:15 pm	Adult Lap Swim 5:15 -6:30 pm	Family Swim 5:30 8:30 pm (lap pool not available)	Children's Swim Lessons 10:00 am – 2:00 pm	Family Swim 1:30 – 4:30 pm
Sea Dawgs 5:30- 7:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Sea Dawgs 6:30 - 7:30pm Cambridge Swans 7:15-8:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Adult Lap Swim 5:30 -6:15 pm 7:15-8:45 pm	Sea Dawgs 12:00-1:30 pm	Adult Lap Swim 1:30 – 4:45 pm
Aqua Aerobics 6:00-7:15 pm		Aqua Aerobics 6:00-7:15 pm	Masters Swim 6:45-8:00 pm	Sea Dawgs 6:15 - 7:15 pm	Family Swim 2:00 - 4:30 pm	Birthday Parties 1:30 - 3:30 pm
Adult swim Lesson 6:30-7:15 pm 7:15 – 8:00 pm	Masters Swim 6:45-8:00 pm	Adult Lap Swim 7:30- 8:45 pm	Cambridge Swans 6:30 – 9:00 pm	Birthday Parties 5:30 -7:30 pm	Adult Lap Swim 2:00 – 4:45pm	
Adult Lap Swim 7:30 -8:45 pm	Cambridge Swans Synchro 6:30 – 9:00 pm	Adult Swim Lesson 6:30-7:15 pm 7:15 – 8:00 pm			Birthday Parties 2:15- 3:30 pm	



Throw your Birthday party at the War Memorial Pool

Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Time of rental listed below:

Friday
5:30 - 8:45

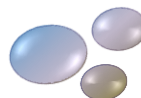
Saturday
2:15 - 4:45

Sunday
1:30 - 4:45

The fee is \$60 for a pool party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather. If you cancel a party, we must have a month's notice or you will not receive a credit. Rules will be provided on your receipt. Parties are not available from June 30 - September 11. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online.

For online registration please visit www.cambridgema.gov/dhsp, click "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. If you cannot access a date then it is unavailable.

For more information please call
617 349-6279



Program Name: _____

Child's Name: _____ Child's Name: _____

Address of Child/Children: _____

Family Information:

1. Parent/Guardian Name: _____ Social Security: _____
Address: _____ Home Phone: _____
Place of Employment: _____ Work Phone: _____

2. Parent/ Guardian Name: _____ Social Security: _____
Address: _____ Home Phone: _____
Place of Employment: _____ Work Phone: _____

Income Information

*Proof of Residency and documentation of income must accompany this application. Please report the income of ALL adults in household. Failure to do so, without holding information, under reporting income, or submitting false information will result in disqualification of your scholarship request.

Total number in Family: _____ Number of adults: _____ Number of Children: _____

Wage Earner #1 Gross weekly income \$ _____

Wage Earner #2 Gross weekly income \$ _____

Other Family income (monthly) _____

WIC ☐ Welfare ☐ Child Support ☐ Rents ☐ Alimony ☐ Unemployment ☐ Other ☐

Total Monthly Income: \$ _____

*All of the above information for each adult in the household must be documented in writing.

Have you been awarded a DHSP scholarship in the past? Yes _____ No _____

If yes, when? Year: _____ Amount _____ Program _____

Are all adults working? Yes: _____ No _____

* I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.

Parent/ Guardian Signature: _____ Date: _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2015 and June 30, 2016. Mail in your completed scholarship registration form, scholarship request form and a copy of your 2014 tax return.

Please do not send a check at this time. If you receive a scholarship you will be requested to pay when your confirmation is received and at that time you will be required to send a check to the War Memorial (made payable to the City of Cambridge).

Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration. Scholarship applications may only be made during mail registration.

Mail to: Adam Corbeil * Fall Registration * 51 Inman Street * Cambridge MA 02139

Registration

How to register

By Mail

Registrations can be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Adam Corbeil
Fall 2015 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on March August 17th. All forms are processed in the order they are received and classes often fill up. Mailing in your registration does not guarantee a spot on our enrollment.

On the Web

The most effective way to register is by visiting our website at:

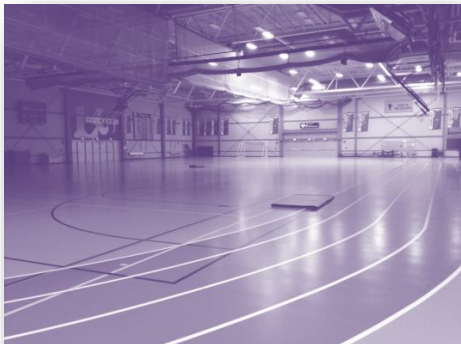
www.cambridgema.gov/dhsp

For more information about registering on-line please reference the inside cover of this brochure.

Walk-in

Walk-in registration begins September 8th. Please feel free to stop by from the hours of 3:30 to 8:30 pm Monday – Friday and 12:30 – 4:30 on Saturday and Sunday. Please take note of the days in which the Center is closed for Holidays listed on the Table of Contents in this brochure before coming in. Our front desk is located behind Door 15 of the Rec. Center located at 1640 Cambridge MA.

Cash, checks and credit cards are accepted for walk-in registration.



Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male ☐ Female ☐

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

☐ Cambridge Resident ☐ Non-resident ☐ Change of Address

Child Participant

Child's Name _____ Sex: Male ☐ Female ☐

Age _____ DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Adult Participant

Name: _____ Sex: Male ☐ Female ☐

DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Second Choice if Class is Full

Title _____ Day _____ Time _____ Fee _____

Participant Signature (parent/guardian signature if participant is under 18 years of age)

Date: _____

Media Release:

I do ☐ I do not ☐ give permission to the City of Cambridge and War Memorial Recreation Center to use photographic and video reproductions for publicity purposes

Registration

Additional Information

Confirmations will be mailed as soon as registrations are received.

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It makes the enrollment process go smoother. If you have changed your address since the last time you registered, please let us know.



Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male ☐ Female ☐

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

☐ Cambridge Resident ☐ Non-resident ☐ Change of Address

Child Participant

Child's Name _____ Sex: Male ☐ Female ☐

Age _____ DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Adult Participant

Name: _____ Sex: Male ☐ Female ☐

DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Second Choice if Class is Full

Title _____ Day _____ Time _____ Fee _____

Participant Signature (parent/guardian signature if participant is under 18 years of age) _____

Date: _____

Media Release:

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Honored Veteran

WAR MEMORIAL RECREATION CENTER



Our recreation programs are made possible
by the brave service of people like:

Victoria Thomas

Cambridge Veteran

United States Marine Corps

Thank you for your service during the
first Gulf War. Salute!

NEW!

NEW CLASSES FOR ADULTS! SEE PAGE: 11



Dodgeball & Kickball



Aikido



ATF Fitness

City of Cambridge

Department of Human
Services Programs

Recreation Department
51 Inman Street
Cambridge, MA

David P. Maher

Mayor

Dennis A. Benzan

Vice Mayor

City Counsel

Dennis J. Carlone

Leland Cheung

Craig A. Kelley

Nadeem A. Mazen

Marc C. McGovern

E. Denise Simmons

Timothy J. Toomey, JR.

Richard C. Rossi

City Manager

Lisa Peterson

Deputy City Manager

Ellen Semonoff

*Assistant City Manager,
Human Services*

